GOOD NEWS FOR HOMEMAKERS

By: Shirley W. Walton
Extension Agent

SAVE WHEN YOU SHOP

•Shop around. Go to more than one store and browse. You may find unadvertised specials, new items, larger supplies, lower prices.

•Make a grocery list and plan to stick to it. If you must make changes, make substitutions, not additions.

•Be sure a sale item is something the family likes. Buying just because food is on sale, then discovering the family won't eat it, is poor economy.

•Read labels. Be sure the size you buy is the size you need, containing the amount you want. Don't judge by eye alone.

•Keep a vilant eye open for quality differences. A super market chain may have several house brands of the same item, each in a different price and quality bracket. Buy and try until you find the label that suits your purposes. A top quality, whole peeled canned tomato, for example, deserves to be served as a vegetable while a lower-cost product would serve admirably incorporated into a tomato sauce.

•Look over canned food on sale very carefully. Sometimes dented cans are offered at reduced prices but if there is any sign of swelling, bulging or leakage, call it to the manager's attention at once.

•Check each item at the check-out counter as it's rung up, to make sure the correct price has been punched.

•Save grocery receipts in case you have to return an item, such as an overripe melon.

•Buy only frozen-food packages that are frozen hard. Don't buy packages that are stained, broken, or otherwise damaged. Carry frozen foods home in an insulated container.

•Return perishable and frozen food promptly to the cabinet if you change your mind about buying it. Food that spoils in the supermarket results in higher prices for you, the consumer. Be a good citizen.

•Rush perishable food home from market and store it immediately. Then use it within the time period of its peak quality, nutrition and freshness.

Note: Next week–more news about how to save on food shopping.

RECIPE OF THE WEEK

FROZEN FRUIT SALAD
3 oz. pkg. cream cheese
⅓ cup mayonnaise
1 small can evaporated milk
1 large can (#303) crushed pineapple
3 bananas, mashed
1 small jar maraschion cherries, quartered

Soften cream cheese and add mayonnaise. In a separate bowl that has been chilled, whip milk until frothy. Add all ingredients together and freeze. This salad has a better consistency if frozen quickly in a freezer. You may freeze it in paper muffin cups, in blocks, or in an ice tray. A few drops of red food coloring will add to the appearance of this. This recipe doubles nicely and will keep indefinitely in the freezer. It is excellent to have on hand when guests drop into visit you.

Rocks

March 4. It was a spring like week end.

Hubert Martin entered Lynchburg General Hospital last Monday for an operation on Thursday. A very speedy recovery is wished him.

A large number were out on Monday night to start the studies of Colossians.

Farmers were busy working on plant patches last week.

Robert Roach went to see a doctor in Lynchburg on Thursday.

Mrs. Glenn McIntosh and Teresa were visiting her sister, Mrs. L. M. Williams at Waynesboro and brother, Rodney at Lovingston last week end.

The deacons of Rocks Church had breakfast at the church Sunday morning.

Everyone was glad to see Melinda McIntosh at church Sunday after being sick.

W. J. Tolley returned home from the hospital Wednesday after an operation.

Rev. W. H. Elder had Mrs. Helen Inge, Mrs. Etta Inge and Harry Eugene Ranson to assist him with the studies in Colossians last week which were held in the homes.

Mrs. Louise Roach and Mrs. Harry Ranson went to Lynchburg Friday to see Hubert Martin who was operated on Thursday.

Mrs. Helen Inge was among the number that went to Eagle Rock for the Bible School Conference Friday and Saturday.

A number from here attended the Roach and Carter Wedding at Lovingston Saturday night.

Home Mission Week of Prayer March 3-10. Tuesday night March 5 at the church; Wednesday night, March 6 at the church; Fri. at 1 p.m. March 8 at Mrs. Bettie Ranson.

Congratulations to Rev. and Mrs. W. H. Elder who celebrated their 25th Wedding Anniversary Sunday.

Hollywood

Congratulations to Rev. and Mrs. W. H. Elder. They celebrated their 25th Anniversary Sunday. Our sincere wishes for this fine couple are that they may celebrate many, many more together.

Mr. and Mrs. Edwin Anderson were visitors in the home of Mr. and Mrs. L. L. Webb and family Sunday.

Mr. and Mrs. H. W. Jenkins visited Mr. and Mrs. Monroe Webb Sunday afternoon.

Mr. and Mrs. Gallion Austin were visitors of Mr. and Mrs. Robert Coleman Sunday afternoon.

Mr. and Mrs. Bill Watson and William were dinner guest Sunday of Mr. and Mrs. Willie Watson and family.

Mr. and Mrs. R. M. Webb were visitors Sunday afternoon of Mr. and Mrs. "Capt." Covington. We pray Mr. Covington may soon be better.

Mr. and Mrs. W. H. Wingfield and Julia visited Mr. and Mrs. Kenneth Brianer and family Sunday night.

Mr. and Mrs. L. H. Watson recently visited Mr. and Mrs. Kyle Dismuke and Mr. Bruce Dismuke of South Boston and Mr. and Mrs. Sam Powell of Halifax.

Congratulations to Mr. and Mrs. Edward O'Brien who celebrated their 25th anniversary Sunday. We hope this fine couple may have many more anniversaries together.

On the sick list last week in our neighborhood were Mr. L. H. Watson, Mr. and Mrs. W. H. Wingfield, Mrs. James Max. well, the little Marsh baby and Mrs. Charlie Bagby.

We were very sorry to hear of the death last week of the infant daughter of Mr. and Mrs. William Light of Spokane, Washington. She was the grand-daughter of Mr. and Mrs. James E. Maxwell. Sincere sympathy is extended the family.

Dr. and Mrs. C. A. Collins, Mr. and Mrs. Raymond Franklin and Dave, Mr. L. H.Watson and Mr. and Mrs. W. H. Wingfield and Julia visited Mrs. Charlie Bagby Sunday afternoon.

We were very sorry to hear of the death of Mr. Richard Gowin. Deepest sympathy is extended his loved ones.

Rev. W. H. Elder will teach the book of Colossians at Hollywood at night the second week in March.

Mrs. J. A. Woodall and Mrs. Jackie Woodall visited Mr. and Mrs. C. R. Woodall of Lynchburg and family Friday.

Mr. H. W. Jenkins visited his mother and sister Friday at the Liberty Nursing Home in Lynchburg. We pray they may soon be better.

Mr. and Mrs. Buddy Conner visited Mrs. W. T. Covington last week.

Mr. and Mrs. R. M. Webb, and Mr. Walker Webb visited Mr. and Mrs. H. W. Jenkins Friday night.

Mrs. J. L. Torrence and Mrs. James Conner were visitors last week in the home of Rev. and Mrs. Otis Smith.

Those visiting in the W. H. Wingfield home last week were Mr. and Mrs. L. H. Watson, Mr. and Mrs. L. L. Webb, Mrs. Raymond Franklin, Mrs. M. L. Covington, Mr. and Mrs. R. M. Webb, Mr. and Mrs. J. A. Woodall, Mr. and Mrs. Kenneth Deaner and family and Mr. Thomas Woodall.

Mrs. R. M. Webb, Mrs. L. H. Watson, Mrs. Raymond Franklin and Mrs. L. L. Webb of Hollywood attended a mission Book taught at Liberty Baptist Church Tuesday night.

Congratulation to Mr. and Mrs.Dillard Franklin who were married Friday night at Spout Springs Baptist Church and are living at their new home on Route 2.

Visitors in the home of Mrs. Charlie Bagby last week were Mr. and Mrs. L. L. Webb, Miss Joyce Webb, Mr. and Mrs. Alfred Almond, Mr. and Mrs. R. M. Webb, Mrs. Raymond Franklin, Mrs. M. L. Covington, Mr. and Mrs. L. H. Watson, Mr. Thomas Woodall, Mr. and Mrs. Bill Watson and William and Mr. and Mrs. J. A. Woodall.

Mr. and Mrs. R. M. Webb recently visited in the home of Mr. and Mrs. L. H. Watson.

Concord Fire Department Elects Officers

The Concord Volunteer Fire Department has recently elected officers for the 1974-75 year.

New officers, shown above, are (1st row left to right) Tom Shupe, Lieutenant; Wayne Burge, Second Assistant Chief; Joe Smith, First Assistant Chief; and Bobby Moore, Chief; (second row, left to right) Bobby Carroll, Treasurer; Buddy Jones, President; Richard Carroll, Secretary; Burnett Smith, Assistant Fire Marshall; and Frank Gillam, Fire Marshall.

MISS BURK'S 4-H CLASS

Rob Stewart is the President and he asked Greg Davis to lead the Pledge of Alliance to the American Flag and Shelia McCormick to lead the 4-H Pledge. Tammy BAtes and Roger Walton lead us in the "Skunk Song". Then the Secretary, Sheri McGuire read the minutes.

Mr. Sweet told us that the County Demonstration Contest would be April 20 and that Share-the-Fun would be the end of March. Then he passed out some information on Demonstrations and did a demonstration on "Good Snacks and Bad Snacks." And that is what we 5th graders do in 4-H.

Sherwill 4-H Club

The February monthly meeting of Sherwill 4-H Club was held February 25th at the home of a member, Yolanda Pash.

Yolanda Pash gave devotions, lead the pledges, and served refreshments after the meeting.

Plans were made for special 4-H interest coming up. Share-the Fun is March 7 at 7:30 at the Yellow Branch School. This is for the public to enjoy and it's free! The county demonstration contest will be April 6 at 9 in URG Rustburg Intermediate School.

The next meeting of March 25 with Jame... III in his home.

Reporter, La...

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BANKAMERICARD welcome here
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LYNCHBURG, VA.

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Instant Adjustment Throughout the U...
States - Through MIC
MIC MOTORS INSURANCE CORPORATION
PASSENGER CARS

1972 Chevrolet
CAPRICE · 4 Door · HT · V-8 · Turbo Transmission · Power Steering & Brakes · Air Condition · Vinyl Roof · Power Windows & Seats · Radio · White Wall Tires · Low Mileage · One Owner

1972 Chevrolet
IMPALA 4 Door Sedan · V-8 · Turbo Transmission · Vinyl Roof · Power Steering & Brakes · Air Condition · Radio · White Wall Tires.

1972 Chevelle
4 Dr. Sedan · 350 V-8 Turbo Trans. · Power Steering & Brakes · Air Condition · Radio · Vinyl Interior · Extra Clean · One Owner

1970 Chevrolet
IMPALA Coupe · V-8 · Turbo Transmission · Power Steering & Brakes · Vinyl INterior · Radio · White Wall Tires.

1968 Chevrolet
IMPALA Coupe · V-8 · Turbo Transmission · Floor Shift · Console · Power Steering & Brakes · Vinyl Bucket Seats · Radio · White Wall Tires · One Owner.

1968 Chevrolet
NOVA 4 Door · 6 Cylinder Motor · Automatic Transmission · Power Steering · Radio · White Wall Tires.

1970 Buick
Station Wagon · 3 Seats · V-8 Motor · Automatic Transmission · Power Steering & Brakes · Air Condition · Vinyl Interior · Radio · White Wall Tires

1973 Chevrolet
FLEETSIDE · Pick up · V-8 · 8 Ft. Body · Radio · Rear Step Bumper · Low Mileage · One Owner.

1973 Ford
RANGER Pickup · 8 Ft. Body · V-8 Automatic Transmission · Power Steering · AM/FM Radio · Rear Step Bumper · Low Mileage · One Owner · Extra Clean

1972 Chevrolet
CAPRICE 4 Door · HT · V-8 · Vinyl Turbo Transmission · Power Steering & Brakes · Air Condition · radio · White Tires · Low Mileage · One Owner.

1972 Chevrolet
IMPALA 4 Door · HT · V-8 · Turbo Transmission · Power Steering & Brakes · Air Condition · Vinyl Interior · Radio · White Wall Tires · Extra Clean.

1973 Nova
2 Dr. SS · 350 V-8 Turbo Transmission · Console · Power Steering · Air Conditioning · Vinyl Roof · Radio · White Wall Tires · Low Mileage · One Owner

1970 Chevrolet
Belair · 4 Door Sedan · V-8 · Turbo Transmission · Power Steering & Brakes · Air Condition · Radio · White Wall Tires

1973 Carvette
Coupe · 350 V-8 Turbo Hydra Transmission · Power Steering & Brakes · Air Conditioning · AM/FM Radio · Like New · 6,000 Miles · One Owner

1969 Ford
LTD · 4 Door · V-8 · Vinyl Roof · Automatic Transmission · Power Steering & Brakes · Air Conditioning · Radio · White Wall Tires.

1967 Chevrolet
IMPALA Station Wagon · 350 V-8 · Automatic Transmission · Power Steering & Brakes · Air Condition · Vinyl Interior · Radio · White Wall Tires

TRUCKS

1973 Ford
F100 Pickup · 8 Ft. Body · V-8 · Super Transmission · Power Steering & Brakes · Air Conditioning · Chrome Front & Rear Bumpers · Radio · Low Mileage · One Owner · Extra Clean

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MOSES STREET VA. DEALER LIC. #3 APPOMATTOX

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That's what Guy Friddell, author of "The Virginia Way," concludes in his remarkably beautiful book about Virginia and its people. He writes about Southside's tobacco market, the events and leaders who shaped the area's history, and what this unique part of the State is like today.

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Like A Good Neighbor, State Farm Is There
STATE FARM INSURANCE
State Farm Insurance Companies
Home Offices: Bloomington, Illinois

WANT ADS GET RESULT

"The South 40" by JAMES A. SMITH EXTENSION AGENT

bulls that have sold
h the Red House
ion Center are going to
n dividends in the years
At the Senior Bull Sale
ur bulls went out of this
ade area of Virginia and
Saturday 35 of the 48 bulls
a home nearby. This is
what was hoped would
when the center was
ed two years ago.
local people were
Saturday–James Pugh,
riton Harris, R. E.
y, Jr., and Charlie
r care of these young
essential. From time to
've heard complaints
ulls coming out of test
In a majority of cases
problem is with the
, not the bulls.
irst year their breeding
should be limited to a
and they must be kept
ining condition. Too often
've carried home and
o pasture with a group
ows. This kind of
ment courts disaster.
n the bull and the
of cows settled.
g a bull should be one
ost important jobs on a
m: after all he's half of
lf he sires.

* * *

3 Rose Popularity Poll
released by Kings-
rdens, Mansfield, Ohio.
ve 2000 plants repre-
166 varieties. Visitors
ed to rate these rose
while visiting the
While roses were in
visitors were
and 3,000 cast their
what it may be worth
here are the top ten
in order of preference:
Angel Face, Redgold,
Lemon Spice, First
lahoma, Gypsy, Peace,
Imperial, and Proud
er, the most popular,
ybrid tea with a very rich,
fragrant, bronze co-
flower. It was developed
Germany and released in
.

Prices of farm commodities
ds are changing quite
Corn last week went
$2.90 a bushel. Soybean
ures fluctuated between $6.60
$6.95 in just one week.
ller quantities and prices
ues to change.
analysis, "Corn or
ans? Which Should Vir-
Farmers Plant?", is
You should study this
ion to help determine
ch to plant.
example, based on
February prices with a 25
shel soybean yield and 80
bushel corn yield, there would be no difference between the two crops if corn sells for $2.00 and soybeans at $2.20 or corn at $3.00 and soybeans at $8.40.

* * *

Think about it:

When all is said and done, it takes 40% of the Russian population to farm; 80% of the Chinese to produce food and they do a lousy job; 5% of the U.S. population feed our people and millions of others.

* * *

PRECIPITATION:

Last Week	0
Month of February	2.48
Normal for February	3.05
This Month	0
This Year	6.32
Normal for this year	5.82

Beckham

MARCH 4 - Mrs. Clyde Moore and Mrs. Jimmy Guill visited the week end with Mr. H. O. Martin visiting in this home Sunday were Mrs. Nellie Steppe and Mr. Buck Layne, of Lynchburg, Jeffrey Martin, of Appomattox, Mr. and Mrs. Clarence White and daughter and Mr. and Mrs. Winston Martin.

Mr. and Mrs. David Shelton and daughter, of Rustburg, and Mr. and Mrs. Carlton Harvey visited Mr. and Mrs. Tom Schmutz and girls Sunday. Charlotte Moore spent the week end in this home.

Mrs. Gibbs Martin is in Lynchburg General Hospital. Visiting her recently were Mr. and Mrs. L. E. Martin.

Sunday dinner guest of Mr. and Mrs. Fletcher Burge, Jr. were Mr. and Mrs. L. E. Martin, Mr. and Mrs. Charles Tweedy, Michelle and Tracy. Mr. and Mrs. Dennis Jamerson were supper guests in this home.

Mrs. S.G.Martin was honored with a birthday party at home Saturday night. Those present were Mrs. O. W. Martin, Sr., Miss Eunice Martin, Mr. and Mrs. R. B. Martin, Mr. Bentley Martin and Gregg, Mr. and Mrs. Jutson Morris, Mr. Thomas Martin, Mr. and Mrs. Charles Martin, Mr. and Mrs. Hermon Moore, Jr., Mrs. David Martin, Mrs. Lynn Doss, Mr. and Mrs. Clifton Drinkard and Kim, Mr. and Mrs. Howlett Drinkard, Sr. and Mr. Abner Martin.

Mr. and Mrs. Paul Burge accompanied by Mrs. Cassie Brown and Mrs. E. C. Jennings visited Mrs. Mary Burge and Mrs. Sadie Marino, of Madison Heights, Sunday.

Take it from me,

PAUL HARVEY
it's time to cool off!
Americans, you can live in cool comfort all summer long with Heil Central Air Conditioning. It's the best you can buy. If it wasn't, I wouldn't tell you so!
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THE RED HOUSE BCIA JUNIOR BULL SALE averaged $1071 last Saturday. Forty-eight of forty-nine eligible bulls sold for a total of $51,395.

Three Charolais averaged $858. Two Simmental averaged $400. Seventeen Polled Hereford averaged $927. The twenty-six Angus averaged $ 1164. Only one Angus bull with a minimum price of $550 did not sell.

Plaques were presented breeders with the top performing bulls. William A. Hunter, Cashier of Farmers National Bank, made the presentation. Receiving the plaques for the top group of three bulls was Skyview Farm owned by Fred Carter. Skyview also received the plaque for the top individual Angus bull. Fred Scott, on the left, owner of Bonduran received the plaques for the top performing individual Polled Hereford bull.

JOHN HIX, CENTER, representing the Hix Brothers Dairy accepted a trophy for the 1973 high production herd, high fat production and top producing cow from Al Hillsman, Roanoke City Mills.

The Hix Brothers herd averaged 14,456 pounds of milk and 494 pounds of fat.

The top producing cow produced 20,120 pounds of milk and 579 pounds of fat.

This is the third consecutive year that the Hix herd has received this trophy.

This award is made possible by Roanoke City Mills through the Lynchburg Dairy Herd Improvement Association.

James Tweedy, Supervisor Lynchburg DHIA, was also present at the presen tation.

Farmer Feeds Cows 12 Bales Hay Apiece . . . All Winter

by Robert E. McClenny

With about two weeks until spring, Carlton Harris of Pamplin, has fed 16 cows and 5 yearlings about 12 bales of hay apiece. Cows are healthy and have vigorous calves. Harris, along with a number of other farmers in the county, have a planned year round grazing system. They fall fertilize tall fescue for winter grazing and fertilize other grasses as needed to provide year round grazing for their cattle. Harris removes his his cattle and fertilizes his winter pastures in August with 75 lbs. of actual nitrogen per acre. Phosphorous potash, and lime are applied according to soil test. Grass accumulates until other pastures are grazed down in the fall.

Two of the most important advantages of these year round grazing systems are that farmers are reducing their yearly cost of keeping a cow by $40 and less labor is needed. Also grasses are more vigorous and productive resulting in fewer weeds and less soil erosion.

In addtion to fertilizing, rotational grazing is essential. Grasses need a rest period to recover and make regrowth before being grazed again.

There is opportunity for putting idle land back into grass and using existing stands more intensively. With the high cost of nitrogen, it is desirable to maintain clover in all but the winter pastures. Soil Conservation Service technicians can help farmers plan year round grazing systems. Planned grazing systems can help stockmen produce more and protect more.

HEART ASSOCIATIONS HELP TO TRAIN MEDICAL AND NURSING STAFF FOR THESE LIFE-SAVING UNITS...

MRS. MILLS 4-H CLUB

On February 19th, 1974 Mrs. Mills had its 4-H Club Meeting. Darrell Shrock called the meeting to order. Our song leaders let us listen to some records. The secretary read the minutes of the last meeting. Mr. Sweet talked to us. The meeting was adjourned.

Sharon Guill, Reporter

Go Fly A Kite-- But Be Safe

The young and the young at heart will be flying a lot of kites this March, and carelessness while flying kites can be dangerous.

Virginia Electric and Power Company offers the following safety tips to help protect kites and kiters.

Always fly your kite far from kite-eating trees and electric power lines; 2. always avoid busy streets and highways while flying your kite; 3. always use wood and paper in your kite– never wire or metal; 4. always keep away from fallen wires; 5. always fly your kite on days when there is no rain; 7. always fly your kite away from TV and radio antennas; 8. always call Vepco if your kite gets snagged in a power line. Do not pull the string or climb the poles.

To encourage these simple and basic safety rules among young people, Vepco is providing 5,000 posters on kite safety to schools in the Vepco service area.

On Duty In Korea

OSAN, Republic of Korea– U. S. Air Force Staff Sergeant Ernest L. Walker, son of Mr. and Mrs. Ernest Walker of Route 2, Appomattox, Virginia, has arrived for duty at Osan AB, Republic of Korea.

Sergeant Walker, an aircraft mechanic, is assigned to a unit of the Pacific Air Forces. He previously served at Shaw AFB, S.C.

The sergeant is a 1963 graduate of Carver-Price High School. (USAF HOME TOWN NEWS CENTER)

AUCTION

THE FOLLOWING BRICK 3 BEDROOM HOME WILL BE OFFERED AT AUCTION

Sat., March 16,1974 - 1 P.M.

LOCATION: Approximately 1 Mile From the Town of Appomattox on Route 26, Look for Auction Signs

Grounds: 16 x 30 Garage Carport Paved Drive

LOT Approximately 1 Acre 244 Ft. Front

HOUSE
Brick, 3 Bedrooms, Living Room, Den, Large Eat-In Kitchen With Built-In Oven and Range. Closed In Back Utility Porch and Front Sitting Porch - CENTRAL AIR AND HEAT.

TERMS
10% Down Day of Sale - Balance on Delivery of Deed
For Further Information Contact
George's Auction Service
403 W. Confederate Blvd. Appomattox, Va.
Phones: 352-8488, 352-3571, 352-8117

3 Pc. Bedroom Suite By Broyhill
54 Inch Double Dresser, Mirror, 4 Dr. Chest, Panel Bed
Fully Dust Proofed Drawers, Plastic Tops, Plate Glass Mirror, Rich Walnut Finish, Quality Furniture

3 Pc. Only $199.95
Night Stand $44.95
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Rt. 460 1 Mile East of Appomattox, Va.